

November Activities - Urbana Senior Center

301-600-7020 UrbanaSeniorCenter@FrederickCountyMD.gov www.FrederickCountyMD.gov/aging
9020 Amelung Street, Frederick, MD 21704 (Lower Level of the Urbana Regional Library)

| Mondays 9:00-3:00 | Tuesdays 9:00-8:00 | Wednesdays 9:00-3:00 | Thursdays 9:00-3:00 |
|---|--|--|--|
| 2 Nutrition Minute "Special Nutrient Needs of Older Adults" 10:00 Stitching Post 10:45 Exercise: Mobility 1:00 Rummikub 1:15 Book Club | 3 Nutrition Minute "Special Nutrient Needs of Older Adults" 10:00 *English Conversation 10:45 Exercise: Strength/Balance 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:00 *Dinner 6:00 Music/Dance/ Karaoke Night | 4 Nutrition Minute "Special Nutrient Needs of Older Adults" 10:45 Exercise: Stretching 12:30 *Yoga 1:00 *English Class 1:00 Wii Bowling | 5 Nutrition Minute "Special Nutrient Needs of Older Adults" 9:30 Color This 10:45 Exercise: Dance Noon *Breakfast for Lunch with Nurse Steve "Discussion on Organ Donation" 1:00 Cards and Games 1:30 *Line Dancing |
| 9 10:00 Stitching Post 10:45 Exercise: Mobility Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub | 10 10:00 *English Conversation 10:45 Exercise: Strength/Balance 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:00 *Dinner/Games | 11 Center is Closed  | 12 9:30 Color This 10:45 Exercise: Variety 1:00 Cards and Games 1:30 *Line Dancing |
| 16 Health Education 101 "Skin Care for People with Diabetes" 10:00 Stitching Post 10:45 Exercise: Mobility Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub | 17 Health Education 101 "Skin Care for People with Diabetes" 10:00 *English Conversation 10:45 Exercise: Strength/Balance 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:00 *Dinner/Games 6:00 * Inside Scoop: Diabetes 101 | 18 Health Education 101 "Skin Care for People with Diabetes" 10:45 Exercise: Stretching 12:30 *Yoga 1:00 *English Class 1:00 Wii Bowling 1:00 *Artful Creations | 19 Health Education 101 "Skin Care for People with Diabetes" 9:30 Color This 10:45 Exercise: Variety 1:00 Cards and Games 1:30 *Line Dancing |
| 23 10:00 Stitching Post 10:45 Exercise: Mobility Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub | 24 10:00 *English Conversation 10:45 Exercise: Strength/Balance Noon *Thanksgiving Luncheon 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:00 *Dinner/Games | 25 10:45 Exercise: Stretching 1:00 *English Class 1:00 Wii Bowling | 26 Center is Closed  |
| 30 10:00 Stitching Post 10:45 Exercise: Mobility Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub | *You must pre-register and pay (if there is a fee) for all programs marked with an asterisk. Programs may be canceled if enrollment is low. Activities are subject to change. | | |
| Department of Aging Events Groceries for Seniors: Friday, Nov. 6 Virtual Dementia Tour: Tuesday, Nov. 17 | | Day Trips for December – Register Today! Dec. 4: Pennsylvania Christmas and Gift Show Dec. 11: Allenberry Playhouse Dec. 30: Toby's Dinner Theatre | |

(see other side for program highlights)